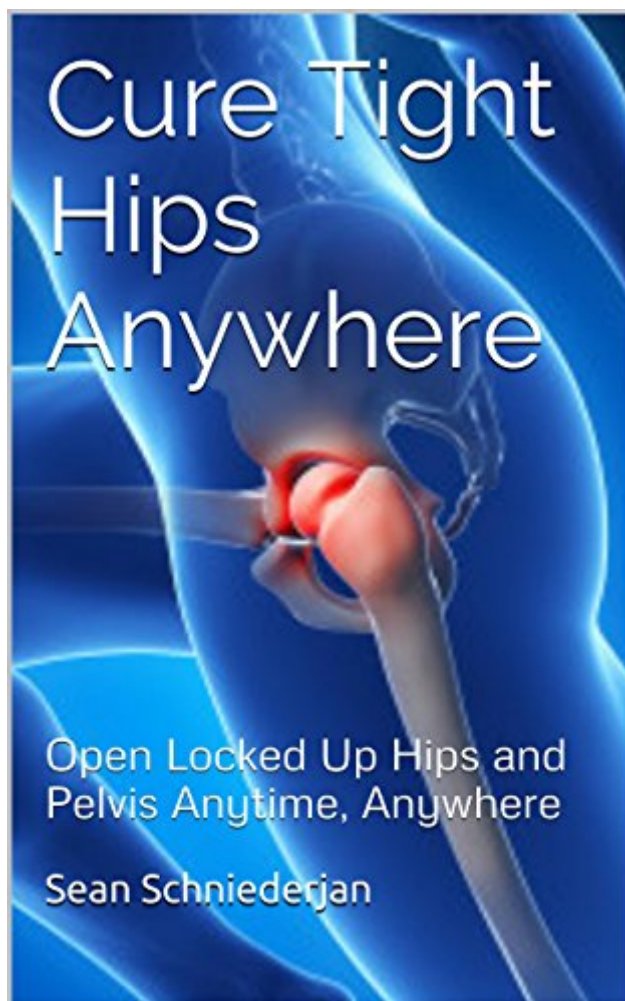


The book was found

Cure Tight Hips Anywhere: Open Locked Up Hips And Pelvis Anytime, Anywhere (Simple Strength Book 1)



Synopsis

The book that started the Loosen Your Hips Revolution! NEW: Contains story of author's amazing restoration of a completely dead, non-functional left hip to pain-free and strong without surgery."I have had this ebook for a couple of days now and felt an immediate improvement in my hip mobility." - Review from verified purchaser."Simple, and it works. Buy it, read it, use it." -Review from verified purchaser."I've had a problem with my right hip for ages and as an avid martial artist it was making things difficult. Since getting this book (it's literally a 30 minute read) and doing the exercises I can honestly say I feel a noticeable improvement." - Review from verified purchaser.Sick of nagging, tight hips? You're in the right place.This book gives the simplest exercises on the market to open your hips with effective correctives you can do anywhere. NEW: Contains links to free video demonstrations of simple and powerful hip correctives. This program was designed to not only be convenient, but also comprehensive.This book breaks down an easy set of progressions and goals to get the muscles on your pelvis, lower back, and hips/upper legs to function.Doing these exercises will:-restore balance to your body-instantly improve your posture and hip mobility-strengthen your hips in addition to opening them leaving you feeling "tied together" and fantastic.

Book Information

File Size: 3131 KB

Print Length: 72 pages

Simultaneous Device Usage: Unlimited

Publisher: Strength Productions LLC; First edition (July 25, 2014)

Publication Date: July 25, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00M4WJGOS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #25,785 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #27 inÂ Kindle Store >

Customer Reviews

This is one of several products I've bought from Sean over the last 2 years. He continues to dig deeper and his efforts have helped me tremendously! The moves he describes are simple to grasp and many can be done just about anywhere. The first thing I noticed right away is going downstairs seems easier, smoother. My hips sometimes tend to sort of lock up when stepping down, and while it's hard to explain, the result for me is undeniable...and I'm just getting started! You will get to know your QL's and Obliques like never before. Happy with this book just like previous ones from Sean. He did more to help my shoulders with 'Cure Tight Shoulders Anywhere' than a doctor, Physical Therapist, and a chiropractor so I expect similar results for the hips.

So I bought the little book based on the great reviews and read it cover to cover in about an hour, and did the exercises too. They worked. The nagging pain I've had in my left hip for the last two or three week has gone. What I loved about this book: a) It didn't feel the need to pad itself out with intros and forewords and endless repetitions of the same things to bulk up both its own size and the price). b) It didn't feel the need to make the exercises super complicated or to tell me I had to get up at 5am and do 182 repetitions on each leg whilst standing under a temple in order to inflate or legitimize his own qualifications in the field. He simply tells you he's just a normal guy who had a problem, set about studying the best way to overcome it, and eventually found it - and this is it. If you want to try his tips then you can. I did, and I think he's done a great job - the best thing being, as he says, that you don't need to do much, and you can do it anywhere, but you'll still feel the difference. I have fibro and all my muscles are tight most of the time, but on top of this I will occasionally wake up to find that one particular part of my body is literally in agony, and it can ruin my life for days and weeks. I'm tired of starting a new book and being told I have to eliminate every food group I've ever enjoyed, release my pent up emotions by silent screaming and meditating and start a convoluted method of building up strength in various parts of my body with body brushing and hot baths and massage in order to get to the part that's hurting. I don't think that's always necessary. This book fixed my hip, for the moment, and I'm super happy. If you have a hip problem, buy the book! I'm just hoping the author has written something about shoulders now...

I've had a problem with my right hip for ages and as an avid martial artist it was making things

difficult. Since getting this book (it's literally a 30 minute read) and doing the exercises I can honestly say I feel a noticeable improvement. Pain hasn't completely gone but then again it's only been a couple of weeks and I've had the pain for close to a year so I wasn't expecting miracles. And seriously, the price is virtually a give away. I highly recommend this book.

I chose this book to check exercises to help strengthen my hip muscles. Although the author is not an MD, he makes it clear his list of exercises are based on personal experience. He makes a lot of sense and is very thorough in his explanations. The exercises are easy to follow and do help in opening up the hips. I recommend this book for anyone undergoing hip tightness or pain.

I am very pleased with the excersices I found in this book. I have lower back issues and have been doing excersices targeting it and my core for 1 1/2 years now. I have a mattress that is only 1 yr. Old but couldn't sleep on it after 6 months without the addition of a memory foam topper. I still wake up with mild to moderate back pain. After 3 days of doing these hip exercises I haven't had pain up. Waking . Thank goodness! !!

This book is amazing. It's a quick read, and the exercises are easy and effective. I've had a sore hip for years; after just a few days of doing these exercises, it feels a LOT better. There's no harm in trying it - you can't beat the price, there's a ton of information in it, and, at least for me, it works.

Just experimenting with these exercisegave me an amount of relief that was surprising! Hopefully a routine regimen will provide the relief that I need.hurt my rt leg and hip and haven't had much relief since(about 8wks)

Quick read. The formatting could have been better, often the images didn't line up with the text. However, the exercises are convenient and effective. A two minute routine that I can do while waiting for my morning coffee to be ready. Highly recommend.

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